

4 STEPS 2 RECOVERY

“We are all angels with one wing; when we are together, we can fly”

MISSION STATEMENT

“To care for all those who suffer from the disease or effects of addiction in a selfless, non-judgmental and compassionate way”

**VENUE: 1) WESTRIDGE HIGH SCHOOL
Cnr Silversands & Dagbreek Ave,
WESTRIDGE
Saturdays 3.00pm to 4.30pm
Attendance -free**

GROUP LEADER: DR. E.V. RAPITI

robertrapiti@gmail.com

CONTACT NO: 021 397 6029 /082 5811846

Name.....



GUIDELINES TO RUN MEETINGS

1. OPENING PRAYER AND WELCOME
2. ANY ANNOUNCEMENTS
3. **4 STEPS** VIEWS ON ADDICTION
4. WHAT IS ADDICTION
5. PLEDGE BY PEOPLE WITH ADDICTION
6. PLEDGE BY FAMILIES
7. READ:
 - i. "HOW TO COPE WITH MY ADDICTION"
 - ii. "HOW TO COPE WITH MY LOVED-ONE'S ADDICTION"
8. READ:
 - a. "Addicts' Plea"
 - b. Lament of an "Addict's Mom"
 - c. "Message to the Addict"
 - d. Addict's message to society
 - e. Counselor's message

(The purpose of this reading is to make both the person afflicted with the disease and his or her family to understand what each other are going through.)
9. TOPIC
10. FISRT AID ROUND
11. COMMENT/CONTRIBUTIONS FROM THE GROUP
12. MEDITATION – 10 MINUTES
DO THE FOUR STEPS WITH EXPLANATION FOR NEW COMERS
13. END WITH REFRESHMENTS

SUGGESTED OPENING PRAYER

Dear God, we invite you into our meeting.

*Bless all those present with the strength
To overcome their problem with addiction.
Lord, may those who come here today with a heavy heart,
Leave these rooms enlightened and with the faith that
You will be there with them in their
hour of need.*

*We place all our trust in you, Lord,
For you are the only one, who can take us out of
The darkness of despair
into the light of hope and tranquility.
Amen*

OPENING AND WELCOME

Welcome to the name of group..... 4 -STEP support group. If you are a new comer, please feel at home because we understand your pain and your suffering. This meeting is for you; no matter how much you are suffering, we understand how you are feeling. Please remember that you are amongst true friends, who can truly identify with you and will gladly help you to cope with your problem of addiction.

We gather here weekly/fortnightly/monthly to gain knowledge and wisdom through our fellow members and through the literature in a spirit of compassion, love and caring for one another in an atmosphere of complete trust and honesty. WE gather here to share our sorrows and joys in a spirit of total openness because we accept that there is no single or set way to deal with the complex problem of addiction. If you have a view, don't be shy to express it because you will neither be laughed at nor ridiculed for your views. The most difficult problems in life are solved by the simplest of solutions; the challenge is to find them. Our only guide is our conscience and God because none of us is an authority on the complex and baffling disease of addiction.

Please attend the meetings regularly in order to improve your understanding of addiction and how to cope with it. We hope by the end of this meeting you will end up loving one another enough to become eternal spiritual friends; friends you can trust and rely upon in your hour of need, just as they will rely upon you, when they are in of need you.



4-STEPS – VIEWS ON ADDICTION

- 1. ADDICTION IS CURABLE AS LONG ONE TAKES GOD IN ONE'S LIFE AND FOLLOWS GOD'S WAYS**
- 2. DO NOT REFER TO PEOPLE AS ADDICTS BUT AS PEOPLE WITH THE DISEASE OF ADDICTION**
- 3. ADDICTION IS NOT A LIFE LONG DISEASE**
- 4. RELAPSE DOES NOT MEAN THE DISEASE IS INCURABLE BUT IT IS A FAILURE BY AN INDIVIDUAL TO ADHERE TO THE PROGRAM AND ITS TEACHINGS**
- 5. 4-STEPS DOES NOT SUBSCRIBE TO THE VIEW "ONCE AN ADDICT ALWAYS AN ADDICT"**
- 6. THERE IS NO DRUG TO CURE ADDICTION**
- 7. THE FOCUS IS NOT ON THE PAST BUT THE PRESENT- WHERE DO WE GO FROM HERE**
- 8. ADDICTION IS NOT THE MAIN FOCUS OF THE MEETINGS AS MUCH AS CHANGING THE BEHAVIOUR AND ATTITUDE OF BOTH THE PEOPLE WITH ADDICTION AND THEIR FAMILIES**



WHAT IS ADDICTION

“It is a disease that can only be cured through God’s help by leading a spiritual and moral way of life”.

The disease affects different individuals differently. For some it can behave like diabetes, which needs regular medications and constant monitoring to control the disease. For others it behaves like TB, where the individual becomes extremely sick but after completing their long course of treatment, they never look back at their addiction. The last group is like patients with terminal cancer: no matter how much they try, they end up dying unnaturally or prematurely. The greatest difficulty is to determine which person has what type of addiction. Regardless of the type of addiction an individual suffers from, there is only one treatment and that is, GOD.

Similarities between Diabetes and addiction

DIABETES + _ medications+ right foods + regular exercise

= HEALTHY HUMAN BEING

ADDICTION + regular prayer + right choices (people, places and things)

= TOTAL SOBRIETY

Lines for Introductory round

- 1) My name is, (OptionalI suffer from the disease of addiction) my week was
- 2) My name is (First or full names); (optional – my son/daughter spouse/ etc suffers from the disease) my week was

Meditation

Sit upright in your chair; place your hands between your knees, bend the body down; take a deep breath through the nose and bring the body up as you breathe in; then breathe out through the nose going down. Do this for about three times.

Sit in an upright position, close the eyes gently; let the hands hang by the side; listen to the softest sounds or imagine you are seeing a rose in your mind.

Remain in this quiet position for a few minutes and very gently open your eyes.

Practice this exercise every day in a quiet place at home or work.

Exercise

Try and walk 30 minutes every day. The best time is early morning.

RESIDENTS/USERS' -PLEDGE

WE ARE HERE:

- 1) TO WIN OUR BATTLE AGAINST
DRUG ADDICTION;**
 - 2) TO RESTORE OUR DIGNITY;**
 - 3) TO EARN OUR RIGHTFUL PLACE
IN SOCIETY AND THE RESPECT
OF OUR FELLOW MAN
BY OUR CONTRIBUTIONS TO
OUR COUNTRY'S WELLBEING,
THROUGH OUR HARD WORK,
SINCERITY AND HONESTY;**
- BY DOING SO,
WE HOPE TO BECOME PART OF
SOCIETY AND
NOT OUTCASTS OF SOCIETY.**

Dr Rapiti 24/10/10

SUPPORTER'S PLEDGE

WE ARE HERE:

- 1) TO SUPPORT OUR LOVED ONES
TO WIN THE BATTLE AGAINST
ADDICTION WITH LOVE,
COMPASSION AND
UNDERSTANDING;**
- 2) TO DEAL WITH OUR BATTERED
EMOTIONS AND**
- 3) TO BECOME PART OF THE
SOLUTION AND NOT THE
PROBLEM OF OUR LOVED ONE'S
ADDICTION.**

Dr Rapiti - 24/10/10

GUIDELINES FOR PEOPLE WITH ADDICTION

- 1) I suffer from the disease of addiction which I can SURELY get rid of completely, if I learn to sincerely take God into my life, every minute of my life;
- 2) I am tired of my addiction, the lies, the hurt and harm I have caused to myself and my loved ones; I need to stop in order to enjoy a life without my addiction;
- 3) I am tired of constantly running away from my family, the law and most of all from myself. I can no longer face the person I see in the mirror; that person is not the real me; I need to see the real me.
- 4) Now that I realise that it is a disease I will no longer feel guilty or ashamed of it. What started as an innocent experiment became a disease, which I have no control over but I did not know it at the time; if I knew it I was too proud or reckless to take the good advice given to me; today I am suffering the consequences of my recklessness and I must deal with it.
- 5) I will no longer go on in denial hurting myself and others through my addiction.
- 6) My ugly actions are solely due to my addiction and my desperation to feed my addiction. It is not my parent's fault or my bad upbringing. My denial will eventually land me in jail, lead to my early death or make me insane
- 7) I must stop pretending that I am fine and that I can take on the world; the truth is: I have lost so much that I can no longer afford to lose any more; I no longer wish to be seen as the scum of society.
- 8) The journey to recovery is a tough one but it's rewards are far greater than the temporary, costly false joy that my addiction gives me
- 9) As I walk the journey to recovery, with the help of God, my family and friends I shall regain my self esteem and become something rather than being a useless nothing and a burden to my family and society.
- 10) I must stop any further destruction and become a useful contributor to society;
- 11) I and I alone am responsible for my actions and my addiction; I must stop blaming parents and loved ones for my actions or my craving;
- 12) If I need to earn the trust of my family and society, I need to be honest at all times and face the consequences for my dishonesty;
- 13) In order to gain the respect of others I must learn to give respect.
- 14) I must learn to be patient, stop with my unreasonable demands and accept whatever fate God has in store for me; I must no longer carry on as if the world revolves around me;
- 15) I must learn to appreciate my family, friends and loved ones for supporting me through all my years of addiction.
- 16) I must learn to understand when my family finds it hard to forgive me for all the harm that I caused them. I will keep my trust in God to restore my relationship with my loved ones in God's time, not mine.

- 17) When I truly stop my addiction, I and the people around me will see me for the wonderful, caring and loving person that I am.
- 18) I shall commit myself to a life of truth, honesty and caring for my fellowman
- 19) Whenever I am faced with my craving or a difficult problem, I shall turn to God, my family and my friends but never ever again to my addiction
- 20) If I slip, I will pick myself up and seek the help I need.
- 21) To prevent a slip or relapse, I shall practice the art of meditation and constantly seek God's help to protect and guide me.
- 22) The only way for me to make up for the damage that I have done is to help those who need my help in whatever way possible as an expression of my gratitude to God and all those who helped me in my recovery.

Guidelines to help families and friends to cope with addiction

- 1) I accept that addiction is a disease and that I am not the cause of my loved one's addiction
- 2) I cannot control my loved one's addiction but I will seek God's help and guidance to cope with his or her addiction
- 3) I will refrain from getting angry with my loved one for the ugly things that he or she says to me because I am aware that my loved-one loses all control of his or her mind under the influence of drugs.
- 4) I realise that my loved one is struggling with his or her addiction and whatever help I can give, I will give unconditionally.
- 5) I will avoid controlling or insulting my loved one but deal with him or her with compassion and caring.
- 6) When I find my loved one's demands or actions become too much for me to bear, I shall not hesitate to use tough love, contact a friend in the group; contact a counselor or learn to detach myself from his or her abuse by removing myself from his or her toxic influence.
- 7) I will learn to forgive my loved one for his or her shortcomings with unconditional love because hating and cursing him or her will only make me sick and miserable.
- 8) I must learn to forgive myself if I become ugly when I am provoked because I too, am human and have feelings.
- 9) I will no longer play policeman but I will make it clear as to who is in charge by being assertive and let my loved-one know how I feel by expressing myself without fear or anger.
- 10) I will learn from the group how to focus on my own needs than to constantly attend to my loved one's unreasonable demands and expectations.
- 11) I will not let my loved one's addiction make me neglect myself, my family or interfere with my fun, dreams and ambitions.
- 12) Whatever decision or action I take on how to deal with my loved one will be my own, regardless of what anyone says about it. It will not stop me from taking advice and listening to as many views with an open mind.
- 13) I will not take any responsibility for the results of my actions if I am happy that the actions or decisions I made were done so with the best of intentions.
- 14) I will always remain in contact with God and my many friends I have in the group to help me cope with my loved one's addiction and always try and make myself available to anyone in my new family, whenever they need me.
- 15) I will give as much as I can to my family in the group for I realise that through my selfless giving, I too shall receive.
- 16) I will practice the art of meditation to keep me calm and composed at all times.
- 17) When I am down, upset or angry, I shall turn to my breathing exercises, friends, go for walk and turn to God to lift my spirits.
- 18) I shall never criticize but give constructive advice whenever I am called upon to do so.
- 19) I will learn to accept God's will and let things happen in God's way and in God's time, not my way or my time.
- 20) I shall strive to communicate with my friends family and loved-one with love, compassion and understanding
- 21) I shall learn to abandon destructive negative thoughts and replace them with positive one's in order to bring peace to my soul.
- 22) I will let go of my self destroying guilt and ugly past to make way for a peaceful present and enjoyable future.
- 23) I will try new things and be willing to make mistakes to find new solutions for old problems
- 24) I will try and enjoy each day with gratitude as if were my last.
- 25) I will learn to live with hope and with faith that my loved one will get better; I shall never give up till he or she gives up.

DR E V Rapiti 12th Oct 2010

An Addict's Plea

Today I realise how much of suffering and pain I have caused my loved and dear ones through my addiction.

I have ruined my life, lost many valuable years and lost great opportunities.

I have made my parents, family, wife and children sit up and cry. I have lost jobs, my business and my family.

I am alone with no money, no food, no home and no friends. It is just me, the cold night air and the hard pavement to sleep on.

Tonight, as I sit in the cold night air with my head in my hands, I want to say sorry mom, sorry dad, sorry my brothers and sisters, sorry my dear wife and hungry children.

I have failed you all and myself. I have no excuses. I can blame no one but myself for my pitiful state.

From this moment on, I want to say no to drugs because I want my dignity back; I want my sanity back; I want my family back. I long for home, a hot plate of food and a warm bed and the love of my family.

I shall turn my back to drugs from this moment on. With GOD's help and the support of my family, I shall conquer the evil of addiction.

I want to be me again, not someone else.

With tears in my eyes, I humbly ask all those I have hurt to please forgive me. I have suffered as much as you have in my own private way but I did not know how to tell you. I want to be home again with you.

Dr E V Rapiti 18th July 2002

The Lament of an ADDICT'S Mom

When are you coming home my son?
You tell me you are gone somewhere,
but my heart tells me you are not there.

I cannot sleep when you are not at home.

Your dad thinks I am mad to wait up for you so. He is fast asleep but I know in his heart, he worries to death about you. I cannot hide my feelings like a man can. Perhaps it is because I brought you into this world, so I understand the pain you are in.

It hurts me when you are rude and angry but my love for you is so strong, that I forgive you. I know you do not mean what you say because it is the drugs that control your mind.

Your food is in the oven everyday but you never touch it. Is my cooking so bad? Tell me what you would like? I want to hold you but you remain so far away.

You look so pale and thin. When the neighbours ask what has happened to you, I want to hide my head in shame because I haven't the heart to tell them why you look this way.

I too, am getting weary from a lack of sleep and from worrying whether you will return safe and sound.

I wept when I saw the blood stains on your shirt. Did the gangs hurt you badly? Did you cry out for your mamma? I wish I were there to protect you.

Oh my son! My dear, dear boy, can't you see what you are doing to all of us?

I too, am getting weak and thin from the depression that is setting in. I have no more strength in me. I have aged so much in such a short time. I pray for help and guidance but it seems help is so far, far away.

Son, I feel so alone. My heart bleeds with pain and sometimes out of anger. Won't you please come home to your mamma? We miss you so.

DR E V Rapiti 19th July 2002

Message to the ADDICT

YOU are special but not extra special.

You are not so special that your brothers, sisters and parents must sacrifice essentials and the small pleasures of life, just to save you.

If you do not change with the help and love you are given, then you will sink. Remember when you sink, don't take your family with you because, they are not the cause of your addiction, you are.

Also remember, in your family are important people who are loving and caring and on whom, many people like you depend upon.

If they have to die because of you, there will be no future for anyone, including you.

If you change, you can help to make the future a better, brighter and more peaceful place than it is.

DO you realise that it is not you but your demonic drug habits that is the cause of so much of misery to you, your family, and the world around you? Without the drugs, you are a beautiful person inside, waiting to come out.

All it requires is for you to realise, you are a beautiful person. When you realise that you too, are beautiful, you must change and with that change, the world around you will be a better place to live in.

It is up to you to make that change. Be brave and make it.
Make it now, before it is too late.

Dr E V Rapiti 18th July 2002

An ADDICT'S MESSAGE TO SOCIETY

I know you think I enjoy drugging. That might have been the case when I started it. Now that I am deeply into it, it is no longer fun,

It is my daily curse.

I hate the way I live and what I have to go through to get my fix;

I dread going to jail or being beaten up by the merchants and gangsters or to go hungry just for my lousy 30minute fix;

I hate the way I speak to my parents and loved ones;

I pretend that I am ungrateful or that I don't care how they feel; this is just an act I put on but deep down, I am hurting because I am in a prison I can't get out of.

When I am on my own I cry bitterly for stooping so low.

I wish I could be clean, sober and free of drugs like the rest of my family but it is so hard. I have a disease that I have little control over, and there is no drug to help me. I envy my friends, who stopped and never turned back. I keep asking God, why can't it be me but I get no answer.

I go on my knees and plead to God for His mercy and help but as soon as I am in the midst of the slightest temptation, the craving gets the better of me and I am lost to the devil.

I do not expect you to understand or forgive me because you will not understand my pain if you have never used drugs before. All I ask is for you to listen to me and the pain I am in.

I pray that God will be merciful and free me from this devil of addiction and return me to my loving family again; I do not want to live like this any more. You will never understand how I feel unless you have been in my shoes and I hope to God that you will never end up like me: a life full of regrets and broken dreams.

Please pray for me because I may never see you again.

Dr E V Rapiti 22nd April 2012

COUNSELLOR'S MESSAGE TO PARENTS

Thank you for asking me to help your child.

I am aware that you have high expectations about what I can do so I need to give you a reality check before you leave with false or high hopes.

I cannot cure your children. I can counsel them to give up their addiction and introduce them to programs that will keep them clean; beyond that I cannot do anymore.

It is up to your children to take my advice, follow the program and use the tools.

If your children are not interested in quitting then all the talking, teaching, shouting and preaching is not going to help.

Rehabs won't make a difference if they are not committed to giving up their addiction. Many of you will go into huge debts, just to save your child. I need to warn you that if your child is not interested in giving up his addiction then all your hard earned money will be wasted because the minute your child is out, he will run out to get his first fix.

Tough love like throwing them out of the house, sending them to prison rarely stops them from using but it will give you some peace of mind because the abuse will stop, your valuables and life will be safe whilst they are away.

I know you will worry what will become of them when they are out of the house but that is only going to make you sick and won't alter the situation.

What you can do is to have faith; pray for your child; take care of yourself and the rest of your family.

Don't let them upset you because that is what they enjoy doing. Just learn to be strong and don't entertain further abuse because you do not deserve it. Attend meetings to learn how not to fall for their lies.

Don't expect miracles from me, re-habs, and prisons and from your children but you can pray for them to happen because miracles do happen.

Very importantly never feel sorry for yourself, feel guilty or ask what you have done wrong. Please remember that you are not the only one with the problem. There are millions like you.

When you attend enough meetings and educate yourself about addiction you will discover that having an addict in your life need not be hell if you know how to take care of yourself and the situation you are in.

Dr E V Rapiti 10th June 2012

A simple guide through life

Love, if you wish to be loved,
Care, if you wish to be cared for,
Trust, if you wish to be trusted
Understand, if you wish to be
understood.

Listen, if you wish to be heard,
Forgive, if you wish to be forgiven.
How can you forgive, if you do not
care, love, trust, listen and understand?

With forgiveness, you earn people's
love, care, trust and respect.
It is love, caring, respect and
understanding that make life worth
living,
Not anger, jealousy, hate and envy.

DR E V Rapiti 20th July 2002

Four steps to peace and harmony

“Addiction can be cured with God’s help by leading a spiritual and moral way of life”

DEAR GOD

1) OUR Problem

Help us with the problem of addiction in our families and bring peace into our hearts,

2) OUR Behaviour

Help us to change our behaviour and make us better people;

Remove our anger, aggression and selfishness;

Make us loving, caring, grateful, respectful and calm

3) OUR FAMILIES

Forgive us for hurting the people around us;

Bring us closer to them.

4) Attitude of gratitude

We thank you for all that you do for us;

Please watch over us and our loved ones

As we face the challenges ahead of us;

Help us to help those, who need our help

God will hear your prayers but you must take His advice.

Success only comes with hard work, sacrifice, determination and a belief in oneself that we are all children of God.

Our fears bring us down but our faith in God will take us up.

Let us try to keep our fears small and our faith in God big.

Dr E V Rapiti for Otto on 15th May 2007

4 STEPS to overcome MY problem of addiction

1. My Problem

God help me with my addiction and bring peace into my heart and home,

2. Me and my Behaviour

- I. God, help me to correct my behaviour and make me a better person
- II. Take away my anger, my rudeness and my selfishness
- III. Make me loving, caring, grateful, respectful and calm

3. The People around me

- I. GOD, forgive me for hurting my parents, family and friends.
- II. Bring me closer to them.

4. Attitude of gratitude, acknowledging God

- I. God, thank you for making me clean
- II. I ask you to keep me clean just for today
- III. God stop me from my craving when I am depressed or bored
- IV. Help me to help my friends, who need my help

God will hear your prayers but you must take His advice.

Success only comes with hard work, sacrifice, determination and a belief in oneself that we are all children of God.

Our fears brings us down but our faith in God will take us up.

Let us try to keep our fears small and our faith in God big.

Dr E V Rapiti for Otto on 15th May 2007

REQUESTS AND DEMANDS

Here are two amazing words, requests and demands, which are used to obtain something or a service, with completely different approaches but only one usually succeeds in achieving its goals.

I don't think it should be too hard to figure, which one succeeds most of the time. The word that succeeds is the word request. I am sure many of you have come across people, who demand a service, attention or even help even though they have no right to such demands. If you think hard enough you might find out very soon that you too are one of them or have been that way in the past.

Let us examine the difference in the two approaches and see where you fit and what effect it has had on you and your life.

When people demand something from someone, they do not expect no for an answer; they have no consideration for you and your feelings. All that matters is themselves and their needs even if it must cause you a great deal of distress. These people are very impatient and if they do not get things their way, they cause a stir, upset the entire atmosphere around them.

These people are remembered by all those, who serve them or have dealings with them as utterly rude. It is never a joy to serve such people. They end up getting the worst service and attention because people, who oblige them hate doing anything for them.

Take someone, who is always polite and patient. They would approach you with a smile and when they ask or request, they wear a look of guilt on their face as if they are a nuisance. They are willing to accept No and even expect to be refused. Not surprisingly such people are always helped; people would go out of their way to please them because they are such a delight to serve and please. Strangely it is often these people who are entitled to what they ask for but they never present themselves this way. They are always so humble.

Do you know of any bosses, who would never dare demand from their staff but always request in such a polite manner that you find it too hard to say no to them? They will always show their gratitude as if you did them a very special favour when all you were doing is your work.

The same applies in all types of relationships including: marital, family, work or social contacts. When people place excessive demands or demand too much of a relationship then such a relationship must take a strain, which can lead to divorce or loss of a good friendship.

The next time we want something from someone, we should look at the way we go about it. Are we asking or demanding. At no stage should we ever demand anything of anybody because the same can be achieved with a simple decent request.

Demanding husbands, children, bosses, friends and colleagues are the most unpopular people. Nobody wants to be near them. Their attitude is so revolting that people take great delight in finding ways to avoid them.

It should be clear that if we want to get things done without becoming unpopular all we need to do is learn a little courtesy and request in the most polite manner. Make it a pleasure for people to assist or oblige you.

Eventually the word demand should be dumped from your vocabulary and completely banished from your attitude.

Message: to demand is to be selfish, to request is to show you care and understand. Which one are you?

"Points to Ponder" DR E V Rapiti – 20/11/10

Don't just EXPECT, also ACCEPT

Many of us go about in life, carrying out routine chores and sometimes difficult tasks expecting a certain result. When we undertake unusual tasks or journeys, we make a lot of preparations so that things go don't wrong. When they do go wrong, which they often do, we become terribly disappointed. Our immediate reaction when things do not turn out the way we plan them, we begin to ask ourselves all kinds of questions like: what went wrong, why did it go wrong; why didn't I think of it before; or worst of all, I can't understand why things went wrong after all my planning or my sincere efforts to make sure I did everything right.

The last statement, doing everything is where we all slip up. In any situation there exists a set of unpredictables, which we have no control or clue over.

Most of us ignore the unpredictable or the unforeseeable and assume that all will go well because in our little minds we did everything possible for things to go right.

Life is full of unpredictables. Without them, life would not be a challenge; there would be no excitement. If we do not prepare for the unpredictable, we can end up terribly disappointed, downhearted and depressed especially when things go horribly wrong.

The question in your mind must be: how do you prepare for the unpredictable when you do not know what the unpredictable is.

The truth is you cannot prepare for the unpredictable because you cannot prepare for what you do not know. The only thing you can do is to always accept that everything is life, no matter how small or big has an unpredictable, which can affect the outcome or plan. When we go about doing something, we must learn to live in the hope that things will go right but also with the reality that things can go wrong.

If we can learn to accept things when they don't go our way, we do not end up becoming disappointed and miserable.

How do we go about accepting the unpredictable? Here is one way of doing it. We can go out and do our best in life and say, "I have done my best and I shall hope for the best but if things don't work out, then I will accept my fate as part of God's plan or what I planned was not for me".

When we accept life on life's terms there is less chance of us becoming disappointed.

A good example of accepting and expecting is when parents go out of their way to help their children on drugs. When their children let them down, parents breakdown feeling very disappointed. If parents can learn to help their children without worrying too much about the outcome, they might be very pleasantly surprised when their children make a turn out for the better.

By adopting this open and accepting attitude, parents will place stress on themselves and their children. The chances of success are much greater when we expect less of each other than when we stress each other with too much expectation.

Message: Expect with hope but also accept with reality to avoid disappointment.

DR E V Rapiti "Points to ponder" Nov 2010

4 STEPS NOT KIDDING

Our drug problem is conqueringly big
Because our solutions are as tiny as a shriveled fig;
They are way too small,
For a problem so tall.

The authorities are on a role
Claiming that they have things under control,
They are merely assuming,
Whilst parents are fuming,
Our helpless children,
 merchants are dooming
And their ugly business- is only booming.

The authorities are ruggedly rigid,
Even though their policies are failingly frigid;
It is patently clear
They will not hear,
 To our daily cries and deadly fear:
Our children, heartless merchants are killing
 with their deadly drugged spear.

The authorities need to face realities;
Our children cannot become ordinary fatalities,
Or be seen
 as hopeless has- beens.

We can no longer allow them to be so mild,
 about their countryman's dear child.

To the authorities- we plea and urge:
Join us to fight the scourge.
It is time to reflectingly pause
 and change course;
Your methods are failing,
 Drug merchants are sailing;
While our country is ailing;
And our children,
 to prisons and the streets you are mailing.

All the hiding and chiding
Is not stopping children and their families
from hurtfully colliding.

Stop with your failing “best practice fuss”,
Please come and join us:
Fight for what is right,
With all our might,
To get rid of this ugly drug blight

4 Steps is only doing, God’s bidding;
By dealing with a problem that is ripe for ridding;
We must stop kidding
Cause our country’s solutions are genuinely skidding;

With the right seed and right feed,
We will surely succeed,
SO to our countrymen we humbly plead:
Please support us in our worthy mission
Because it is backed by a workable vision.

Our solution is so simple,
That it will bring back the smiling dimple,
To the worried face - with time and space.
So let’s stop kidding and the fiddling,
Cause the problem, needs urgent ridding.

DR E V Rapiti Phuket, Monday 29th November, 2010 at 4.00 am.